

# LOOKING FOR A FUN, NEW WAY TO BE MORE ACTIVE?



**Bingo + Exercise = BINGOCIZE**

BINGOCIZE® is a FREE health promotion program for individuals aged 60+ that combines the game of bingo with fall prevention exercise.

Come play bingo and meet new people while learning about techniques to reduce falls.



## Join the Fun!

Play BINGOCIZE® from the comfort of your home or Senior Center.

When:

Twice a week (Mon./ Tues.)  
September 19 -November 28, 2022

Where:

McIntosh County MPC  
1009 Eulonia Park Rd. NW  
Townsend, GA 31331

Online Platform: TEAMS link required with a camera.

Time:

12:30 P.M.– 1:30 P.M.

Space is limited!

Sign up with Linda at  
912-832-2444 or call  
Loreatha at 912-514-1617  
Register today!

